

**Meeting Minutes**

Grizzly Room

Montana State Library

Thursday, January 18, 2007

1:30 p.m. to 3:00 p.m.

Monica Abbott, Chairwoman, called the meeting to order at 1:35 p.m. Present were Michelle Robinson, Linda Davis, Jacquie Gibson, Lindra Davies, Betty Huckins, Vicki Schiller-Long, Barbara Bessey, Erin Ricci, Joan Reiman, Betty Warren, Pam Boggs, Jackie Williams, Barbara Pepper-Rotness, Wendy Neumann, Pam Spore and Melody Scoble

Diane Arave, led a 15 minute interactive Women's Health presentation on the importance of breast awareness for early detection of breast cancer. The three part action plan includes: (1) Self-exam, (2) Mammogram and (3) Clinical breast exams.

**Facts in brief**

- Family history plays only a small role in whether or not a woman will contract breast cancer.
- 8 out of 10 breast lumps are not cancerous.
- 80% of all lumps a woman feels are not cancerous.
- If cancer is detected early, the 5 year survival rate is over 95%.\*
- There are approx. 2.3 million breast cancer survivors living today.

Approval of Meeting Minutes: Pam Spore moved to approve the December 2006 minutes. Erin Ricci seconded the motion, which passed unanimously.

Treasurer's Report: Sheree Isola was not present to provide an update. Michelle and Monica indicated that there had been no account activity and therefore the balance should be the same as last month.

Big Bros/Big Sis Bowling and Construction (non-profit projects): It was decided that ICCW would not have or sponsor a bowling team for BBBS nor would it have or sponsor a construction project. Michelle shared that individual state agencies had committed 7 teams with BBBS and thanked representatives for helping to spread the message. Michelle will circulate the BBBS e-mail update regarding teams at the conclusion of the meeting.

**Subcommittee Reports**

Training: Jacquie Gibson, chair, presented the report. The brown bag schedule is complete for the year, however attendance has been very poor for all of the previous BB's. Maximum attendance has been 7 people. Requested feedback from membership as to probable cause of disinterest – legislative session, time/dates, etc.? Membership said, "Spreading the message in print form (posting flyers) might be the answer." Michelle recommended issuing a press release for the calendar sections of the IR and Queen City News to attract people 'off-campus.' The committee proposed three methods of potential mentorship programs: (1) Outside mentorship/presentations to women of Florence Crittenden Home, (2) High School Outreach –

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sponsored career day/speaker – one time event or (3) internal to state agencies. Request from the committee for potential mentors/speakers and which area folks were most interested in. Michelle stated, in her opinion, that formal/structured mentorship programs have not experienced the outcomes predicted and recommended that before jumping into a set program the committee research successful personal growth programs and propose a movement. Barbara Pepper-Rotness recommended that the committee research the programs that are already out there for support networks and try to tie into existing successful programs and possibly present a proposal that would help build state agency investment into mentorship time. The committee as a whole did not select a method of delivery.

Excellence in Leadership Awards & 30-Year Celebration Committee: Pam Spore and Vicki Schiller-Long, co-chairs, presented the report. ELA met with the 30-year Celebration subcommittee to review the 2006 ELA ceremony. From this video they were able to construct a rough agenda of activities. Linda Davies, chair, of the 30-year also presented the report. Linda has begun contacting the ICCW representatives of 1977 and has located nearly 9 members. The committee is seeking ideas for how to contact former members. Michelle recommended a letter to the editor that could be published in the weekly/daily papers "Seeking Charter Members of ICCW 1977." Linda Davis offered assistance in locating members stating that she has been with the state since this time frame and may know many of the members. Judy Carlson, 1977 chairwoman, has been contacted and will be in attendance and will do a brief speech prior to recognition of charter members.

A proposed budget was circulated by Pam Spore to request an estimated \$750 in expenses for the combined ceremonies. Michelle requested before a motion was put on the table that the motion be amended to include that the Committee anticipates raising an estimated \$1000 in anticipation of the \$750 expense. Jacquie Gibson made the motion, Erin seconded and the motion passed unanimously. Pam Spore will send an amended spreadsheet noting projected costs and projected income. Pam did note that a \$500 pledge commitment was received by FAST.

Legislative Subcommittee: Lynn Eneas, chair, was unable to attend. Jackie Williams, committee representative, presented in her absence. Copies of the ICCW LAWS preference list were provided to membership. If you are not currently receiving hearing notifications and would like to be placed on the list, contact Lynn Eneas or Jeri Duran.

Work-life Balance & Preventative Health Subcommittee: Erin Ricci, co-chair, presented the work-life balance report. After discussions with General Services it was determined that massage therapists and other vendors (not currently permitted with GSD) are not permitted on the grounds. Committee is working on eliminating obstacles by researching permit requirements. Colleen Owen, not in attendance, has been working in partnership with Diane Arave to research other states, such as Arizona, that have incorporated instructor-led physical fitness in state buildings and the effects this effort has had on reducing workers compensation claims. Committee has read and researched the National Governor's Association (NGA) "Healthy America" campaign and would like to propose to Governor Schweitzer recommendations on how to build a "supportive environment" to integrate physical exercise into the workplace. This proposal would be in partnership with the state wellness program. No motion was made at this

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time on how to proceed. A proposal should be presented to the ICCW committee as a whole and "if" a letter is submitted to the Governor it should be presented by the Chair.

Monica circulated hardcopies on e-mail protocol, it reads:

E-mails sent to our list (!ICCW@mt.gov) should be sent by an officer. If an email needs to be sent to the list forward it to the officers and have them forward it. Questions should be directed to the officers – often an answer could come from them before sending to the entire membership. Try always to send a link when mailing the membership to help on mailbox size. Officers are Monica Abbott, chair; Michelle Robinson, vice chair; Sheree Isola, treasurer; Jere Ann Nelson, secretary; Lenore Adams, historian.

New business: Monica proposed ICCW host a table at the Women's Health Fair on May 2 for ICCW awareness/exposure. Wendy Neumann claimed that this had not been a successful venue in years past stating that ICCW lacks related materials for the event and did not have any "give-away" trinkets like the other vendors. Group discussion ensued. Michelle recommended brainstorming concepts for making the connection to Health. A couple of concepts considered are work-life balance strategies, mentorship circles, Brown bag workshops, daycare, etc. Members should forward ideas to Monica. An e-mail vote may be exercised in lieu of waiting until the Feb. meeting.

Pam Boggs reminded the membership of the Florence Crittenden "Paint the Town Pink" event. Although banquet and auction tickets are around \$75, there are participating dining locations that are contributing a portion of your purchase to the cause.

Monica stated that there will be no guest speaker at the Feb meeting and that the business portion of the meeting will not exceed the 30 minute timeline. The meeting was adjourned at 2:55 PM with only 5 minutes remaining for subcommittees to convene.

Respectfully submitted: Michelle Robinson, vice-chair, on behalf of Jere Ann Nelson, secretary, who was unable to attend.